5 Yoga Poses to Stay Active throughout Your Day

Yoga has many benefits, from reducing stress and anxiety to improving strength and flexibility.

During these stressful times, it’s even more important to spend time taking care of our body. These five yoga poses can be completed together through a 30-minute sequence or independently throughout your day. You can do them anywhere you are – in clinic, your office or at home. Try to complete these poses in a quiet environment to promote concentration on your breath and to minimize distraction.

**MOUNTAIN POSE**

**Benefits:** Breath control, relaxation, upright posture, abdominal and lower-extremity strength

- Stand with your heels and toes touching, feet parallel to one another, arms down by your side palms facing forward.
- Feel your feet pressing down into the ground evenly.
- Engage your glutes and thighs to fully straighten your knees and stack your hips over your ankles.
- Draw your navel up and in to engage your core muscles.
- Relax your shoulders away from your ears and slide your shoulder blades down your back.
- Stand tall, extending out through the crown of your head.
- Look forward and slow your inhalations and exhalations.
- Remain in this active stance, controlling your breath for three to five minutes.
- If you have your balance, you can close your eyes.

**WARRIOR 1**

**Benefits:** Upright posture, balance, abdominal, upper and lower extremity strength, hip and calf flexibility

- Start with your arms by your side, heels and toes touching and take a big step back with your right foot – about a four-foot distance between your feet.
- Make sure your left knee is over your left ankle; your left thigh should be parallel to the floor.
- Press back through your right heel to straighten your right knee.
- Inhale your arms up overhead, palms facing each other.
• Your arms are with your ears and bring your upper body back so that your shoulders are stacked over your hips.
• Draw your navel up and in to engage your core muscles.
• You can step your right foot out wider for more stability if you are losing your balance.
• Hold here for 30-60 seconds.
• Step your right foot up to meet your left and bring your arms down by your side.
• Repeat on the left side.

FORWARD FOLD

Benefits: Hamstring and spinal stretch
• Start with your feet six inches apart and parallel to each other.
• Inhale your arms overhead and stretch up, exhale forward fold down.
• You can bend your knees if you need to. Your arms can be parallel to one another extending toward the floor. Or, you can grab opposite elbows. They should be completely relaxed and heavy.
• Relax your head down to the floor. You can shake your head “yes” and “no” a few times to allow yourself to relax into the pose.
• Take slow, deep breaths in and out through your nose. You can close your eyes if you have your balance.
• Work your legs straighter to feel more of a stretch in your hamstrings if you need to.
• Hold in the forward fold for 30-60 seconds and then inhale as you slowly uncurl your spine back to a standing upright position.
• Repeat a few times or as needed.

CHAIR POSE

Benefits: Improved posture, abdominal, upper and lower extremity strength
• Stand with your feet together touching or six inches apart and your arms by your side.
• Draw your navel up and in to engage your abdominal muscles.
• Start to sit down like you are sitting into a chair, keeping the weight in your heels and preventing your knees from going too far forward.
• Bring your upper body back as you inhale your arms up to come in line with your ears.
• Keep your back flat and your abdominals engaged as you sit down lower.
• Focus on your breath and keep your arms straight.
• Hold for 30 seconds and then come back up to a standing position.
• Repeat.
• You can perform a mountain pose or forward fold in between.

WARRIOR 3

Benefits: Improved posture, balance, abdominal, upper and lower extremity strength
• Stand with your feet together, heels and toes touching, and your hands in prayer position at heart center.
• Take a step forward onto your right foot, keep your back flat as you bring your body down parallel to the floor.
• Your left leg lifts up and extends behind you.
• Keep your core engaged and extend out through the crown of your head. You should be looking down at the floor at the space in front of your right foot.
• Reach your left leg behind you. If you have your balance, you can extend your arms forward, bringing them parallel to the floor, palms facing each other and reaching your fingertips toward the wall in front of you. You can also keep them in prayer position.
• Roll your left hip down to square both hips. Hold for 30 seconds and then keep your back flat as you stand back up, bringing your left leg down the floor; step your right foot back to meet your left.
• Take a breath in between sides with your hands in prayer position or in mountain pose.
• Repeat on the left side.
• If you are home or on a yoga mat, you can finish in a child's pose.
  - Bring your heels together to touch
  - Knees go wide and relax your upper body down.
  - Reach your arms out in front of you, palms flat on the mat; bring your forehead to relax on the mat or a towel.
  - Take slow, deep breaths in and out through your nose.